



# October



**DUE ON:**  
**September 20th**

2022

K-8 MENU

**Menu Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TCM does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.</b></p> <p><b>Instructions: Fill in boxes for each day</b>  <b>Write the letter(s) of your choice in each box</b>  <b>L</b> - for first lunch choice  <b>LX</b> - 1<sup>ST</sup> lunch choice + 2 milks  <b>M</b> - for milk only  <b>MM</b> - for 2 milks</p>				
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
<p><b>Swiss Burger</b> Baked Beans Orange Juice Wheat Hamburger Bun</p>	<p><b>Meatloaf w/Gravy</b> Brown Gravy Whipped Potatoes Sliced Cucumbers WG Tea Biscuit Fresh Apple</p>	<p><b>Baked Chicken Breast</b> Sauce N Sweet Brown Rice Broccoli Fresh Fruit in Season</p>	<p><b>Chicken Ala King</b> Whole Kernel Corn WG Biscuit Fresh Apple</p>	<p><b>Cheese Pizza</b> Fresh Broccoli Sliced Cucumber Fresh Apple</p>
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
<p><b>Chicken Burger</b> Sliced Cheese Wheat Hamburger Bun Brussels Sprouts Fresh Baby Carrots Fresh Apple</p>	<p><b>Meatballs w/Marinara</b> Shredded Mozzarella WG Hot Dog Bun Whole Kernel Corn Applesauce</p>	<p><b>Waffles</b> Chicken Patty Fresh Baby Carrots Orange Juice</p>	<p><b>Beef Hot Dog</b> Baked Beans WG Hot Dog Bun Grape Juice</p>	<p><b>Cheese Pizza</b> Fresh Carrots Hand Fruit</p>
17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
<p><b>Macaroni &amp; Cheese</b> Fresh Baby Carrots Broccoli Apple Juice</p>	<p><b>Chicken Drumstick</b> WG Tea Biscuit Whole Kernel Corn Orange Juice</p>	<b>NO SCHOOL - MEA</b>		
24-Oct	25-Oct	26-Oct	27-Oct	1-Oct
<p><b>Beef Hot Dog</b> WG Hot Dog Bun Ranch Beans Apple Juice</p>	<p><b>Chicken Patty</b> Cheddar Cheese Wheat Hamburger Bun Broccoli Fresh Baby Carrots Applesauce</p>	<p><b>Sausage Patty</b> WG Pancakes Celery Sticks Apple Juice Milk Pancake Syrup</p>	<p><b>Sloppy Joe</b> Wheat Hamburger Bun Whole Kernel Corn Fresh Fruit</p>	<p><b>Cheese Pizza</b> Fresh Carrots Fresh Apple</p>

**MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.**

This institution is an equal opportunity provider.